

SilverSneakers Virtual Schedule AUGUST 17th through AUGUST 28th

GREEN

SilverSneakers.com LIVE Members-only Classes & Workshops

Available through member portal post-login

Workshops in gray

BLUE

Facebook LIVE Classes

Available on SilverSneakers page to anyone with a Facebook account

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 17	August 18	August 19	August 20	August 21
9:30 am EST		Silver Sneakers Stability Beginner to Intermediate		Cardio Dance with FitSteps Intermediate to Advanced	
10:30 am EST	SilverSneakers EnerChi Intermediate				SilverSneakers Circuit Light Intermediate
11:30 am EST	SilverSneakers Circuit Light Intermediate	Strength & Balance Beginner	SilverSneakers Circuit Light Intermediate	Strength & Balance Beginner	Cardio Mix in English & Spanish Intermediate
12:30 pm EST		SilverSneakers BOOM Mind Intermediate to Advanced	Skills & Drills for Fall Prevention FACEBOOK LIVE	SilverSneakers Yoga Beginner	Yoga Flow FACEBOOK LIVE
3:00 pm EST		Fall Prevention Exercises Beginner	Bodyweight Boot Camp Intermediate		
	August 24	August 25	August 26	August 27	August 28
9:30 am EST		Silver Sneakers Stability Beginner to Intermediate		Cardio Dance with FitSteps Intermediate to Advanced	
10:30 am EST	SilverSneakers EnerChi Intermediate		SilverSneakers EnerChi Intermediate		SilverSneakers Circuit Light Intermediate
11:30 am EST	SilverSneakers Circuit Light Intermediate	Strength & Balance Beginner	SilverSneakers Circuit Light Intermediate	Strength & Balance Beginner	Cardio Mix in English & Spanish Intermediate
12:30 pm EST		SilverSneakers BOOM Mind Intermediate to Advanced	Total Body Conditioning FACEBOOK LIVE	SilverSneakers Yoga Beginner	Skills & Drills for Fall Prevention FACEBOOK LIVE
3:00 pm EST		Fall Prevention Exercises Beginner	Bodyweight Boot Camp Intermediate		